

Seeing a counselor in your golden years? Mind these misconceptions

Run time - :55

ANCHOR LEDE

Mental health problems can lead to *physical* problems, especially for seniors. That's why it's important to separate myth and fact when it comes to older adults seeing a mental health professional. Tim Ditman of OSF HealthCare has more.

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Kren Harmon, a social worker with OSF, has heard people not trust providers. Or they think getting help is a sign of weakness or will create a burden on family.

She also says some seniors think they will be forced to do off-the-wall treatment.

\*\*\*SOT\*\*\*

Kren Harmon

OSF HealthCare licensed clinical social worker

**"It's going to make me feel like a zombie. I don't want to be sedated. That's not what we're talking about with the newer SSRI medications. It's not going to sedate you. It's just going to help you be a better version of yourself. Have a little more hope and energy. It's not going to radically change how you think and feel. They're apprehensive because they're thinking of medications from yesteryear. They even bring up shock therapy. That is not the first mode of treatment."** (:39)

I'm Tim Ditman.

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ANCHOR TAG

Harmon also says health systems have case management teams that can help with things like transportation and insurance.